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## Door County Public Health Department News Release—Respiratory Illness in Midwest

Ten states have reported an increase in severe respiratory infections and hospitalizations among children and adolescents. Testing at the CDC has identified clusters of an enterovirus infection called D68 (EV-D68) among children hospitalized. From mid-August to September 15, 2014, a total of 104 people in 10 states were confirmed to have respiratory illness caused by EV-D68.

Wisconsin has also seen an increase in respiratory illness among children. Whether this is a seasonal increase (normal for this time of year) or an increase associated with EV-D68 is unknown at this time. No cases of EV-D68 infection have been confirmed in Wisconsin as of September 10, 2014.

**Information about Enteroviruses:** These are very common viruses; there are more than 100 types. It is estimated that 10 to 15 million enterovirus infections occur in the United States each year. Enteroviruses can cause respiratory illness, high fevers with a rash, and neurologic illnesses. Most infected people have no symptoms or only mild symptoms, but some infections can be serious. Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick. The reason is that they do not yet have immunity (protection) from previous exposures to these viruses. Among the EV-D68 cases in Missouri and Illinois, **children with asthma seemed to have a higher risk for severe respiratory illness.**

**Symptoms and Severity:** EV-D68 has been reported to cause mild to severe respiratory illness. Some common signs and symptoms may include low-grade fever, cough, runny nose, sneezing and body/muscle aches. Signs and symptoms of more severe infections can include wheezing, difficulty breathing, and rapid heartbeat. Some individuals, particularly those with weakened immune systems or underlying medical conditions, such as asthma, may experience severe illness and require hospitalization with supportive therapy.

**How it spreads:** The virus likely spreads from person to person when an infected person coughs, sneezes, or touches surfaces. EV-D68 can also be spread through the fecal-oral route.

**Treatment:** There is no specific treatment for EV-D68 infections. Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy. No antiviral medications are currently available for treating EV-D68.

**Prevention:** Avoid close contact with sick people. **Wash your hands often with soap and water.** Cover your coughs and sneezes. Avoid touching your face with unwashed hands. Clean and disinfect surfaces. Stay home when you're sick. **Alcohol hand-sanitizer gel is not effective against EV-D68.**

The Door County Public Health Department will continue to monitor the situation. For more information, check out the CDC website at <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>.

# Keep Your Child from Getting and Spreading ENTEROVIRUS D68



**Avoid close contact with sick people**



**Wash your hands often**

**Cover your coughs  
& sneezes**



**Clean & disinfect surfaces**



**Avoid touching your face  
with unwashed hands**



**Stay home when you're sick**



[www.cdc.gov/non-polio-enterovirus/EV68/](http://www.cdc.gov/non-polio-enterovirus/EV68/)